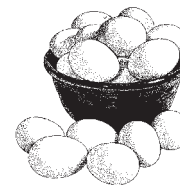


## Cooking with Dry Egg Mix



Dry egg mix is made from whole eggs. Eggs are a good source of protein, which helps our bodies grow and stay healthy.

A serving size is equal to  $\frac{1}{4}$  cup of dry mix. A 6-ounce package will make 10 large eggs.

### Uses

Egg mix can be used to make scrambled eggs. You can also use the mix in recipes such as cakes, muffins, cookies and casseroles.

### How to store it

Store unopened bags of egg mix in a cool, dry place. Use them within 12 months.

Once a package has been opened, place the unused egg mix in a resealable bag or in an airtight container and store it in the refrigerator.

### How to prepare it

To make liquid eggs, stir 1 part mix with 2 parts warm water. Use a fork to blend the egg mix and water.

If you use egg mix in a recipe, sift the dry egg mix in with the other dry ingredients. Add the required amount of water to the other liquid ingredients listed in the recipe.

**If you need one egg:** Use 3 tablespoons of dry mix and 6 tablespoons water.

**If you need two eggs:** Use  $\frac{1}{3}$  cup of dry mix and  $\frac{2}{3}$  cup water.

Do not use the egg mix in foods that are not cooked.

**Note:** After you add water to the egg mix, use it right away or throw it away. To avoid waste, prepare only the amount of dry egg mix you need.

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## Scrambled Eggs (makes 5 servings, $\frac{1}{4}$ cup each)

### What you need

- 1½ cups warm water
- $\frac{3}{4}$  cup dry egg mix
- 2½ tablespoons fluid milk
- 1 teaspoon butter, margarine or vegetable oil
- $\frac{1}{4}$  teaspoon ground pepper

### How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Pour the water into a mixing bowl. Add the egg mix and blend it with a fork.
3. Add the milk and ground pepper.
4. Over medium heat, heat the butter, margarine or oil in a large skillet.
5. Pour in the egg mixture. Cook the eggs until they start to get firm on the bottom and around the edges.
6. Using a large spoon, stir the eggs for about 2 minutes or until the eggs are cooked firm.

**Note:** If you like, you can also add chopped green onions, tomatoes, grated cheese or salsa for added flavor.

Adapted from *Commodity Fact Sheet for USDA Household Programs: Dry Egg Mix*  
by Jenna Anding, Associate Professor and Extension Nutrition Specialist, The Texas A&M System.



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Revision